

# UNITY DAILY WORD

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*Revealing to You  
Your Health, Prosperity, and  
Happiness*

*August, 1929*

*"How Shall We View Ourselves?"  
"Meeting the Issue"  
"Just Keep Cool"*

*A Page of Inspiration for Each Day*

## SILENT UNITY CLASS WORDS

**July 20 to August 19**

I am unfettered and unbound, triumphant! glorious! splendid!

Jesus Christ sets me free from the fear of sin and sickness, and the word of God restores me to harmony and health.

Jesus Christ sets me free from the fear of poverty and lack, and by the word of God I am restored to prosperity and plenty.

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## UNITY DAILY WORD

A magazine whose spirit of good cheer radiates from its printed page and sparkles in the heart of him who accepts it as his daily friend. Published monthly.

F. B. WHITNEY, *Editor.*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy, Kansas City, Mo.

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### THE SON SHINES

When I see the sun is shining,  
I must turn from gloom, repining;  
Ne'er again to cease from beaming  
Upon the world without, the seeming.

For the clouds may be concealing  
What the sun should be revealing,  
But the Son within me glowing  
Ever prompts an inner knowing.

## MEETING THE ISSUE

**W**E OFTEN find ourselves in circumstances in which the next step seems to be difficult. Confusion and indecision may contribute to make the case more difficult. How often some one explains his problem to us and then asks: "What shall I do? Which way shall I turn? How shall I meet the issue?"! At such a time we may think back to the time when we had such a problem on our hands. If we have been disciplined in the study of Truth, we subconsciously say, "Meet it through Truth."

Meeting the issue through exercising the consciousness of Truth means applying Truth, love, wisdom, and good judgment to problems involving hate, falsehood, ignorance, injustice, and unfairness. These problems are legion. Virtually all the problems centering around the personal equation belong in this category.

A person may remark at this point, "If one did not meet the issue through Truth, how else would it be met?"

If hate is met with hate, if injustice is met with injustice, if falsehood is met with falsehood, the problem is not solved according to Truth. Keep this truth in mind: *Fire will never extinguish fire.* If the hot flame of hate is raging, hate will not extinguish it.

If, over night, a friend of yours turns into an enemy, you cannot remedy the situation by becoming an enemy to him. If he refuses to radiate friendliness, you cannot meet the issue by following his example. Your duty is to radiate enough friendliness for both of you.

You are in the same position as the wayfarer who finds that his companion has become crippled and must be carried for a while. You do not want such a burden? Then your friendship has been put to the test and you have proved that you cannot meet the issue.

Do you believe that your employer is unjust and unfair? Have you secretly planned to give him a dose of his own medicine and to pay him back in the same coin? Would that be meeting the issue? Would that kind of fire serve to extinguish the flame of bitterness that is beginning to rage in your mind? Why not meet the issue? Why not rise above the whole thing? Show him that you are a bigger man than to attempt to deal in unfairness and injustice. Show him that you can meet the issue between you and him just as he would want you to meet it in affairs of the firm.

Do you grasp the significance of meeting the issues of life through exercising Truth, through applying the great Principle underlying all life and personal contact? Do you not see that in this simple message lies the solution to virtually all personal problems? Does not your own personal problem simply solve itself while you are reading this? Is not this truth that is here explained to you the very one that deep down in your heart you know will have to be applied?

No, the way of Truth is not a hard one. Cease to think that the way of Christ is one of difficulty and sacrifice. You go the way of sharp rocks and bleeding feet only when you

choose to turn from the path of love, fairness, and justice: the way of Truth. When you try to meet the issues of life by applying a mortal standard—one of hate, injustice, and death—you go the stony way.

When your friend or employer seems to be in the power of the devil of mortal beliefs—beliefs that he can win out through thinking and doing evil—your duty as a friend or a faithful employee is to help that one to clear his own mind of such wrong thinking. In such a case, as previously advised, you must think enough thoughts of Truth—love, justice, and wisdom—for both of you. Possibly you have come into his life to help him clear his mind of such beliefs. You are his healer. Through the work of Spirit within you, you can help him to correct his thought.

If you get the full meaning of the thought, "One fire does not put out another," you have caught the very spirit of this lesson. If you see the truth that you cannot rise through taking the downward path of another, the way of hate and injustice, you will not be tempted to follow in his footsteps. When you think that another is thinking thoughts of injustice, free yourself from all belief that you must retaliate with injustice.

Are you meeting the issue right now? You are if you are letting the truth of this message to you clear your consciousness of all belief that you must drop to the level of the one who thinks thoughts of injustice in order to lift himself up. If you think thoughts of justice

sincerely enough he will be compelled to relinquish his position and rise to your heights.

Does it not seem strange to you that we ever have thought that we could meet such issues through taking an adverse or combative position? How could adverse thoughts on our part ever cause another to think thoughts of justice and good? How could the token of injustice ever buy for us the justice that we crave? How could hate attract love? How could the old belief that we must give another the bitter dose that he has prescribed for us ever provide a cure?

Does the issue seem hard to meet now? Does that little personal problem still remain unsolved? It could not be so if you have really met the issue in your own consciousness. If your thought has been corrected, then the situation is already remedied.

The person who thinks fairly, squarely, and justly is bound to solve all his personal problems. Such problems cannot hold any place in the world of the person whose thought is centered in Truth. Prove this statement for yourself.

As you meet little issues day by day, in the Truth way, the larger ones will take care of themselves. Eventually you will find that there are no issues to be met. You will have arrived at that consciousness in which there is no hate or injustice. Only good can exist for you when you are fully centered in Truth. Go your way this day rejoicing that you have met the issue at hand.

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## GOD IS LOVE

By EVA BROWN-HALE

Every sound borne on the breeze;  
Every rustle in the trees;  
Of the warblers, every trill;  
Every ripple of the rill;  
E'en the thunder, loud above;  
They all tell me, "God is love."

Sunburst, heralding the day;  
Noontide's brightest, warmest ray;  
Every moonbeam, glistening bright;  
Every star begemming night;  
Midnight's shades, o'er hill and grove;  
They all tell me, "God is love."

Summer's warmth and winter's cold;  
Autumn's brilliant red and gold;  
Springtime's soft and balmy air;  
Flowers and fragrance everywhere;  
Storm and sunshine; all but prove  
To my soul that God is love.

## HOW SHALL WE VIEW OURSELVES

**Y**OU CAN view yourself in two ways. You can behold yourself as a child of misfortune or as a son of God. You can look upon yourself through eyes of limitation or through eyes of Spirit. You can see yourself as sick, sinful, and satanic, or as whole, perfect, and Christlike. You can see yourself as a victim of external powers or as a master through the power of Christ within you. Which do you choose?

Occasionally a Unity editor writes something to this effect: Affirm that you are whole and perfect, free from sin, like unto your heavenly Father. Then a number of letters come to us saying that we should not make such a bold statement, that we are sinners, living in a sinful world, without Christ, without perfection. Both the editor and the letter-writers are right, according to the individual viewpoint, but, of course, the person making the absolute statement, that of man's perfection, has the Truth of God back of him.

Of course, man is diseased and sinful unless he perceives the truth of his perfection. He will continue to be mortal, sick, and sinful as long as he continues to think of himself as mortal, sick, and sinful. He will have the woes of Job as long as he is in the Job consciousness. He will be as Judas, false to the truth of Christ. He will be like Adam, a man of the earth.

An absolute statement of Truth, an affirmation of Truth such as is found in these pages,

would have seemed sacrilege to poor old Job. Job lived in such a world of woes that the world of truth and beauty could hardly be seen. Imagine a student of Truth saying to Job, "There is naught in reality but God and the presence of good," at a time when to Job the most real thing in the world was the presence of boils and woes.

In the Old Testament a great deal of emphasis is given to the belief in negation and adversity. The coming of Jesus, the establishment of the Christ consciousness, put an end to the old dispensation. The belief in limitation, disease, and adversity was shown to be false. Jesus taught men not to view themselves from the Adamic viewpoint, but from that of the son of God. The truth of Christ freed them from the old order. Jesus was recognized as a Savior because He freed men from their Adamic beliefs. He taught them to view themselves as sons of God.

When a metaphysical writer uses the word "man," you, as the reader, should seek to understand from the context whether the writer refers to the man of ignorance, sin, and disease or whether he refers to the man of light, health, mastery, and perfection. Remember that the man of light is far different from the man of darkness. Do not be impatient with the beginner who has not grasped the truth of his freedom from Adamic adversity. His very challenge of your statements of truth shows that he is still in the consciousness of darkness and error.

How shall we view ourselves? Most assuredly, if we do not want to bind ourselves to woes of the flesh, we must not claim any relation to Adamic beliefs. If we want to lift ourselves out of the slough of despair we must cling to the faith of our eternal perfection. If we would be sons of God we must claim our divine heirship.

To us it seems far more sacrilegious for man to deny his spirituality than it is for him to claim it. Since the truth is that we are sons of God, we but utter a falsehood when we declare that we are not. How else can we view ourselves than as sons of God? If we are students of Truth what else can we do but declare the truth of being? Can we be true to Christ and view ourselves as other than Christlike?

Christians have been too timid in declaring the truth of their perfection. Somehow, they have sought to be meek and lowly in heart rather than assertive and aggressive. Jesus was not meek and lowly of heart when He drove the money changers from the temple. He knew how to assert Himself when the occasion demanded.

The way of Truth is not one of passivity. True, the student of Truth practices a certain passivity in silence and prayer, but this passivity only prepares him for the stand of asserting his rights as a son of God.

Cease to read Biblical passages pertaining to men of woe or to think of yourself as belonging to their order. Instead of reading such

passages look for the passages that refer to the son of God, for such you are, and study them. Remember that Jesus was not the only son of God. He was the type, and we are all created in His likeness.

How will you view yourself? Which way are you headed? If you want to go the way of mortality, think of yourself as mortal. If you want to rise in your consciousness of Truth, keep getting a higher and clearer realization of the truth of your divine sonship. You travel in the direction toward which your gaze is directed. Looking forward and upward, you go that way. Viewing yourself as the son of God, you come to the realization that you never were and never will be other than His perfect son.

If you will but grasp the truth of this teaching you will free yourself from the difficulties encountered by those who fail to make this distinction. You will be less timid in making absolute statements. You will get into that high realization wherein you subconsciously know that you are whole and perfect.

If you happen to be a practitioner of Truth, a Christian healer, be loyal to this principle of holding to the truth of being. Do not let the appearance or manifestation of sin and disease cause you to lose your high vision. The very Truth of Christ is back of you. This Truth will establish itself, because only Truth can endure. Be loyal to the vision of man's perfection and you will see it appear. Christ will appear in your midst as your own perfection.

## LIFT YOUR HEART TO GOD IN PRAYER

*By ALLENE ALEXANDER*

When your heart is heavy-laden,  
Lift it to the Lord in prayer;  
He's your friend in joy or sorrow;  
You will find Him everywhere.

Just a moment, wait and listen;  
He will speak with softened voice;  
He can help you with your problems;  
He will make your heart rejoice.

Call on Him, for He will help you;  
Cease to sorrow or repine;  
If today is dark and dreary  
Know tomorrow's sun will shine.

## THURSDAY, AUGUST 1

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### My All-Powerful Word for Today:

*The truth about life frees me from ignorance and superstition. I rejoice to apply this truth to my everyday living.*



O YOU realize that there is a great central Truth underlying all existence? Do you know that many of the things ordinarily considered true are false when considered from the standpoint of reality and Truth? We seek to know the great universal Truth of God in order to know that we are not deluded by the so-called truths of the world. That which the world considers true about disease is found to be false when the real truth about health is discerned. That which man considers true about his so-called imperfections is found to be false when he learns that he is in Truth the image and likeness of God.

Man is ignorant of his true estate until he learns the Truth of God. The wisdom of the world is as nothing when the wisdom of God—the wisdom that reveals man's true relation to the universe—is understood and lived. The wisdom of the world is usually based upon appearances and false values, while the wisdom of Spirit is founded upon divine Truth.

The greatest tribute that we can pay to Truth is to live and demonstrate it.

The truth that helps us is the truth that we live.  
—Unity calendar for August.

FRIDAY, AUGUST 2

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**My All-Powerful Word for Today:**

*Knowing the great Truth of life, I know that there is nothing in all the world about which to be anxious. I am care free.*

HE WORLD takes on a new aspect when we learn to cease being anxious about the affairs of the world. When we know Truth, we find that we are masters over the things of the world. We know that nothing external to us can merit even the attention of our thought except as external things must come under the power of our metaphysical treatment.

Worry and anxiety have done much to increase disease and financial failure. They are the twins that have wrought havoc when they have been given free rein. When we learn the great universal Truth of life, the Truth that sets us free from worry, we realize how futile worry is and how necessary it is that we do not worry.

Free from worry, we can let the inner spiritual forces do their perfect work toward re-building our body and establishing success and prosperity in our affairs.

In the consciousness that we are sons of God, we are care free, exempt from worry and anxiety.

Casting all your anxiety upon him, because he careth for you.—*I Pet. 5:7.*

SATURDAY, AUGUST 3

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My All-Powerful Word for Today:

*The knowledge that in Truth I am free from every limitation of error has now set me free, and I go forth free in mind and in body.*

**K**NOWING the truth of our being, having the knowledge that we are not bound by falsehood in any wise, we can rest assured that our freedom is entire in every respect. Truth is an antidote to falsehood and ignorance. Truth breaks the chains forged through superstition and ignorance.

Knowing the truth that in reality we are free from disease, we feel a great sense of freedom throughout mind and body. We relax from the old beliefs that bound us to weakness and disease. We find freedom in mind and in action.

As we realize the truth that we live in a world of freedom we discover that our environments are free from those things that formerly seemed to enslave us. As we free ourselves from domestic worries our homes become havens of freedom. Free from anxious thought about business, our minds think of business in a new light. We see the very prosperity of Spirit expressing itself in our affairs.

For freedom did Christ set us free: . . . be not entangled again.—*Gal. 5:1.*

## SUNDAY, AUGUST 4

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My All-Powerful Word for Today:  
*The Spirit of being that is within me fills me with ambition, zeal, and enthusiasm, and I am enthusiastic in all that I do.*

**N**O PERSON should look to any external thing to stimulate him to zeal and enthusiasm. Instead, he should realize that his zeal comes from his own innermost springs of life. If he be lacking in ambition or enthusiasm he has either looked to the external for these qualities and found that the external could not yield them to him, or else he has failed to lay hold of the ambition, zeal, and enthusiasm which are his own, and which are right at the heart of his being.

Many persons lack ambition because their viewpoint of life is such that they find nothing about which to be enthusiastic, nothing to arouse their ambition. They are negative to the good in life. They are irresponsive and unreceptive when good comes to them. Because they do not attract good to themselves, they become unhappy and discontented—victims of false appetite and false stimulation.

The remedy lies in a person's finding within himself the joy and substance of life, and realizing that external stimulation is but a counterfeit of inner realization and enjoyment.

Be not drunken with wine, wherein is riot, but be filled with the Spirit.—*Eph. 5:18.*

## MONDAY, AUGUST 5

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**My All-Powerful Word for Today:**  
*I disregard every adverse appearance  
and see only the real and the true: health,  
plenty, and perfection.*

**T**HE MAN who is a failure usually looks upon himself as a failure, views his work as failing, and sees the world as all wrong. The successful man beholds himself as successful, sees his work as succeeding, and thinks of everything in the world as contributing to his success.

When we take up the study of metaphysics we see the value of disregarding the appearance of a thing (that which is not founded upon the reality of being) and learn the benefit to be derived from looking straight at Truth. In order to do our part in causing good to appear, as good is all that there is in reality, we must not look for evil or countenance it. We must disregard adverse appearances if we are to rule them out of our lives.

Cease to think of adversity or its appearance as having any place or power in your life and you will soon discover that it does not exist for you. If you look upon good as having all power, you will find good in the place of adversity.

*Jehovah seeth not as man seeth; for man looketh on the outward appearance, but Jehovah looketh on the heart.—I Sam. 16:7.*

## TUESDAY, AUGUST 6

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### My All-Powerful Word for Today:

*Every experience that I have, in some wise, proves to be a blessing to me, and I am prompt to recognize my good.*

AVE YOU reached the place in your soul's development where you can see blessings in disguise? Can you transform a bitter disappointment into an experience of joy? Can you rise above the belief that adversity has overcome you and see that, after all, an experience has come into your life that will help you to rise higher and higher? Then you have perceived one of the greatest truths of being.

If you will live the life of Truth you will discover that every experience in your life must contribute to your highest good. Even the most insignificant experience or the seemingly adverse experience must yield its jewel to you if you make the demand.

If adverse experiences come to you, you should know that you have been in an adverse state of consciousness. Of course, your first step must be to change this and to rise into a consciousness of mastery and good. Only when in this high state of consciousness can you lay hold of the good in life and bring it into your own field of experience.

The blessing of Jehovah, it maketh rich.—*Prov. 10:22.*

## WEDNESDAY, AUGUST 7

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**My All-Powerful Word for Today:**  
*The knowledge that I can do all things  
fills me with courage to go forth and accom-  
plish anything that I undertake to do.*



COURAGE is never lacking in the person who is sure of his true relationship to all things in the universe. He knows that nothing of the external world can subjugate him to itself. He goes forth with the assurance that there is something within him mightier than all else in the world.

If you would have more courage, look to your thought. See to what extent you live in fear. See if subconsciously you are entertaining beliefs that some person or thing of the external world is mighty to interfere with your happiness or success. Realize that there is inherent within you sufficient courage to look any person in the face or look at any situation frankly and know that you are master.

Courage gives us power to do anything that we undertake to do. Somewhere within us we find courage and power asserting themselves. We discover that there is nothing in all the world of which we are afraid. We find that there is nothing too difficult for us to accomplish.

Abiding in the Spirit of God within us, we abide in the courage that knows no defeat.

Be strong and of good courage.—*Josh. 1:6.*

## THURSDAY, AUGUST 8

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### My All-Powerful Word for Today:

*As the son of God, I know that my true habitation is in heaven—perfect harmony here and now manifest.*

**D**O YOU THINK of yourself as living in a world of disorder, disease, and lack? Do you think that you belong to such a world? Do you identify yourself with earthly limitations? Deep within yourself do you not feel that you do not belong to these limitations of the world? Then you may know that the son of God within you is calling you away from worldly limitations and is inspiring you to know that your true habitation is heaven, in the midst of which you now are.

Cease to think of heaven as belonging to some other world or as identified with some other time. According to spiritual values there is neither time nor space. You find heaven when you enter the heavenly consciousness. To the extent that you can appreciate what heaven is, to that extent you can enjoy it here and now.

We build up a heavenly consciousness through thinking heavenly thoughts. Therefore, if we think heavenly thoughts to the exclusion of all other thoughts, eventually we shall find ourselves in the heavenly consciousness—and also in heaven.

Aspiring heavenward we see heaven, and even find ourselves in its very midst.

Our citizenship is in heaven.—*Phil. 3:20.*

## FRIDAY, AUGUST 9

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**My All-Powerful Word for Today:**  
*Through my eyes, the Spirit of God  
within me looks upon a world of beauty.*

 EASE TO think of your eyes as weak or of your sight as failing. Remove from your consciousness every belief that your eyes are imperfect. Know the truth that through your eyes the Spirit of God looks upon a world of beauty. Know that you have the power to see all things clearly and distinctly.

The spiritual vision that we receive through spiritual consciousness helps us to know the truth about our physical vision. Seeing through our mental and spiritual faculties helps us to see through our physical eyes and to know that in Truth these eyes are not entirely physical but are also spiritual and perfect.

The eyes are the "windows of the soul" and through them the soul catches glimpses of the outside world. Hence, when we look at the world we should always know that in every respect it is less than the great world of Spirit within us. We should look upon the world in the hope of perceiving back of it the world of Spirit now manifesting in the external.

Look through eyes of strength and perfection. Think always of your eyes as perfect in every respect.

Look, ye blind, that ye may see.—*Isa. 42:18.*

## SATURDAY, AUGUST 10

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**My All-Powerful Word for Today:**

*I do not lack faith. I have faith in the power of God, the power of good, now active in me and in all that I contact.*



AVE YOU ceased to be a doubter? Have you ceased to think that evil, in some way, may overthrow the good? Have you ceased to doubt the all-powerfulness of God, the good?

If a person lacks faith he misses the power that unifies him with his good in life. Faith helps him to bridge the gap between prayer and demonstration. Without faith he has no means to contact the good that he hopes to demonstrate and to manifest.

When we have faith in a person we can take his hand and stand with him in his undertakings. When we have faith in God, the good, our faith reaches out in the same way to identify us with the thing that we desire.

As our belief in evil and limitation decreases, we find that our faith in the good increases. The world of nothingness passes from our vision and, in its place, God and His world of reality appear. Our faith has been rewarded by the very presence of abundant good.

Our faith in the little things in life helps us to develop faith in greater things. In this way we develop faith in God.

*Jehovah preserveth the faithful.—Psalms 31:23.*

## SUNDAY, AUGUST 11

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**My All-Powerful Word for Today:**  
*Relying upon Spirit and Truth within me,  
I am delivered from every adverse situation.  
Christ in me is my Savior and Deliverer.*

**W**E NEED never believe that we must remain in unpleasant situations. There is always a way out, some means of deliverance. We are never left hopeless or alone. We need but turn to Christ within us.

How useless it is for us to wonder just how our deliverance will come! Such wondering is almost evidence of lack of faith. If we look to Christ, the Truth, to deliver us, we need not wonder how or when our deliverance will take place.

Have you ever been in an adverse situation from which you were not delivered? Did not your deliverance come only when you stopped worrying or wondering how it would take place? Did not your deliverance come when you realized that the power of God within you was mightier than any power without?

Christ, the Truth, frees and delivers us from every kind of bondage. There is no external power or situation but must yield to the Christ consciousness, the realization that in Truth Christ is the one Presence and the one Power.

He delivered me, because he delighted in me.  
—II Sam. 22:20.

MONDAY, AUGUST 12

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**My All-Powerful Word for Today:**

*There is no place for injustice in my mind or in my affairs. The very justice of God rules me and my world.*

**D**O YOU believe that injustice is working havoc in your life? Do you think that any person is dealing unjustly with you or is interfering with your happiness and success? Then you need to free your mind from all belief in injustice. You need to know that in the world of Truth, in God's world, there can be naught but the law of justice and that God is the supreme judge and dealer of justice.

Do you believe that other persons can have power to be unjust with you? Then you must remember that God is supreme in your world, if you know the truth.

If you would be dealt with justly, you must be just with others. So long as there is a belief in injustice in your consciousness, a belief that would serve to cause you to be unjust with others, just so long will you draw injustice to yourself. Your thought is a magnet that attracts situations. If you know the truth that God alone can have place in your life, then your consciousness recognizes good and justice as filling your world completely.

One only is the lawgiver and judge.—*James 4:12.*



# Jus' Keep Coo.

When others think the day is hot and that the weather  
Just try to think of other things, the things which  
In summer days when others fret, just find shady  
Refresh your mind, and rest your soul. In her wo

And, if there is no pool at hand, not e'en a shady b  
Just look about for any place that'll make a quiet no  
For, after all, it matters not the time, the place, the s  
If you're determined to keep cool, there's nught ca

You do not need thermometers to tell you when it's  
When others say, "It's hot today," be sure you do n  
You'll never mind the summer days or be tie weath  
If you can stay all cool inside and let your thought

at the weather's bad,  
In aiger which you're glad;  
nd shady pool,  
In her words: *Keep cool!*

a shady brook,  
e a quiet nook;  
ple, the spot;  
n aight can make you hot.

u when it's cold;  
e you do not scold;  
e the weather's cool,  
ur thought keep cool.



TUESDAY, AUGUST 13

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**My All-Powerful Word for Today:**

*I cease to think of evil as having place or power and it no longer exists for me. God, the good, is omnipresent and omnipotent in my mind and in my world.*

 **N ORDER** that we may rid ourselves of evil, we must see evil for what it is: simply false belief—belief that there is some power other than God, the good. Freedom from evil comes only after a person has declared his mental freedom.

The drunkard must find freedom through his mind. The belief that appetite has power over him must be cast out of his mind. He must deal not with liquor but with his false belief about liquor. So, those who desire freedom from evil in any form must gain their freedom through first freeing themselves from the belief that would bind them to the thing from which they must have freedom.

God, the good, is the only Power and the only Presence in all the world to the person who has risen above enslaving belief in evil. In the higher realms of mind, while in the process of casting out the belief in evil and establishing the good, such a person has contacted the Spirit of truth and has been able to conquer through spiritual power.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

## WEDNESDAY, AUGUST 14

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**My All-Powerful Word for Today:**  
*Knowing that God is now bringing great things to pass in my life, I am patient.*

**H**E IMPATIENT person very plainly shows that he does not trust God. He shows that he is afraid of future events. He shows that he does not believe that the power of God will come to his rescue when it is needed. He shows that he does not think of God as being omnipotent—all the power that there is.

Quite often the appearance of unsettled conditions in a person's affairs is not evidence that evil is appearing. Often a change for the better may cause such unsettled conditions. The good may be so active in vanquishing evil that there is the appearance of turmoil, but this appearance is only deceptive.

When conditions are most alarming, so far as appearances are concerned, a person should be most patient. He should relieve himself of all impatience in order to present to Spirit a peaceful mind through which to work.

Patience in small things serves to make us patient in times when we must show our ability to stand firm in the truth in order to make greater demonstrations.

Let patience have *its* perfect work, that ye may be perfect and entire, lacking in nothing.—*James 1:4.*

## THURSDAY, AUGUST 15

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My All-Powerful Word for Today:

*I give up all belief that time can limit me. I do not procrastinate. I do not try to live in either the past or the future. In the glorious now, I live life to the fullest.*

**M**ANY PERSONS are slaves to time. They either live in unpleasant memories of the past and fail completely to enjoy the blessings of today, or else they put off their happiness until the phantasmal tomorrow and, by so doing, never catch up with the future day and its promises of happiness.

There are those also who are victims of the belief in procrastination. They are always putting off the duties of the day until some future time. They refuse to live in the now and to handle the problems of the moment. They find that their obligations to the future pile up so high that they approach the future with trembling.

Our greatest blessings lie in the now. In the glorious now it is our privilege to enjoy that which is timeless, ageless, and deathless. The now is eternal.

In the now, all joy, health, love, and life exist for us and we have but to rise in consciousness of the blessings of the eternal now to enjoy them.

Redeeming the time.—*Eph. 5:16.*

FRIDAY, AUGUST 16

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**My All-Powerful Word for Today:**  
*My course through life is made plain and easy. The Spirit of love, wisdom, and success attends me.*

ACH ONE of us has his life's work to do. He fits in the great universal plan as no one else can. His place in the world has been given him in order that he may do specific work. If he fails to do this work he causes confusion in his own life and, to some extent, makes an interference in the universal scheme.

When a person makes his thought conform to the working of the great universal mind, the mind of God, he finds that he can very easily see just what his course is. He may not see far into the future, since future time does not enter into the workings of universal mind. The extent of his view of the future may lie solely in his seeing the finished product of his efforts of today.

If a person does not have a course in life he finds that he makes his life a difficult one to some extent. His failure to contribute to the universal good may deprive him of receiving as liberally from the universal storehouse of blessings as he would hope to receive.

The Spirit of wisdom reveals our path to us when we learn to live close to Spirit.

Make straight paths for your feet.—*Heb. 12:13.*

## SATURDAY, AUGUST 17

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### My All-Powerful Word for Today:

*I cease to think of myself as diseased or imperfect. In the absolute truth of Christ, I am perfect in all ways.*

**H**OW EASY it is for a person to think of himself as falling short of perfection! Why? Because he is used to viewing man from the standpoint of imperfection. He is accustomed to think of man as weakened, diseased, and imperfect, because, looking through untrained eyes, on every hand he sees his fellows displaying imperfection.

He thinks of man as imperfect because he lives in a world in which imperfect men live. He is taught imperfect theories about disease. He beholds ugliness everywhere. He goes through the mental process of looking at himself and others through eyes accustomed to things of the world of appearance. Later, he catches the vision of man's perfection.

When the student of Truth grasps the truth of his perfection a great change takes place. He no longer thinks of himself in the same way as he formerly did. He does not look to appearances. He sees himself as he is seen in Truth, in the sight of God.

Wherefore leaving the doctrine of the first principles of Christ, let us press on unto perfection.  
—*Heb. 6:1.*

SUNDAY, AUGUST 18

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My All-Powerful Word for Today:

*For every blessing and manifestation of the goodness of God, I am appreciative and glad.*

UR BLESSINGS come to us in such numbers that often we find it well just to stop and to give thanks for them. We see such evidence of the goodness of God that we want to get quiet and to realize that on every hand God is expressing Himself for our well-being and happiness.

When we stop and give thanks for the good that we receive we find that something rather strange happens, strange to us if we do not know the law. We find that our being appreciative, thankful, and happy on account of the good that has come into our lives causes more good to come. We discover that those blessings for which we are grateful seem to draw to themselves others of the same kind.

If you should think that you do not have much for which to be thankful, try the plan of being grateful. Become appreciative of even the smallest blessing. Eventually you will discover that because of your appreciation, more blessings will come to you.

Jehovah hath done great things for us,  
*Whereof we are glad.*

—*Psalms 126:3.*

MONDAY, AUGUST 19

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**My All-Powerful Word for Today:**  
*The Spirit of Truth inspires and illuminates me.*

This statement is the Silent Unity illumination word to be used from August 20 to September 19.

 **HE TRUTH** about all that I need to know is now revealed to my mind and I am free from ignorance and darkness. The light of Truth shining in my consciousness dispels every belief in ignorance. As the son of God I am illumined by the Spirit of my Father within me.

I am free from all bondage to false beliefs, the beliefs not founded upon Truth. I am liberated from every belief that would cause me to think of other persons, or of myself, my affairs, or my world in any light other than the true light, the light of Truth.

The light of Truth inspires me to behold myself as I exist in Truth. I am inspired to see all others as they are in reality—the perfect sons of God.

I am illumined by the presence of the light of Spirit shining from the very center of my being. The light of my consciousness shines to the very circumference of my world and all things are illumined by its light. My thoughts are radiant with the light of Spirit.

Believe on the light, that ye may become sons of light.—*John 12:36.*

TUESDAY, AUGUST 20

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My All-Powerful Word for Today:  
*The Spirit of truth floods me with the light of life, and I am made whole.*

This statement is the silent Unity healing word to be used from August 20 to September 19.

HE SPIRIT of truth within me is the Spirit of understanding, health, and life. The knowledge that in Spirit and in Truth I am whole and well floods my consciousness and my body with health. There is no darkness of ignorance in my mind, neither is there any presence of disease or weakness in my body. In the absolute truth of God I am perfect and well.

The light of Truth reveals my mental and physical perfection to me. I behold my body as illumined by the light of Truth. Relieved of the burden of heavy thoughts, my body is light and free.

The light of life clears and purifies my body and I am filled with the purifying life of Spirit. My body is the temple of the living God and the light of His presence shines from the very heart of my being.

As the son of God I am whole and perfect. I am well and strong in every part. I manifest the perfection and wholeness of my heavenly Father.

If therefore thine eye be single, thy whole body shall be full of light.—Matt. 6:22.

## WEDNESDAY, AUGUST 21

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**My All-Powerful Word for Today:**  
*The Spirit of truth reveals abundant Spirit substance, which I affirm to be the source of my prosperity.*

This statement is the Silent Unity prosperity word to be used from August 20 to September 19.

HE SPIRIT of truth within me reveals to me the truth that as the son of God I am free from failure, lack, and poverty. This truth sets me free from all belief that at any time I shall be without substance and prosperity. Every belief that I am limited in finances is now cast out of my mind, and I know the truth about my prosperity.

My position in the universe cannot be hidden from me. My prosperity cannot be lost, hidden, or kept from me. Through the light of Truth, my good, my prosperity, is now revealed.

The substance of God, the something from which God has created all things, is the source of my abundance. From the storehouse of God, my Father, I draw all that I need to have. I know that the substance of God is inexhaustible. I know that the prosperity of God, my Father, is my own prosperity. I know that His substance is now being expressed in my affairs as sufficient supply for every need. I realize that His abundance is mine here and now.

Yet I am become rich, I have found me out substance.—*Hos. 12:8 (A. V.).*

## THURSDAY, AUGUST 22

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**My All-Powerful Word for Today:**

*Every belief that would destroy my peace is now erased from my mind. I abide in the unchanging, eternal, harmonizing peace of God.*

**W**HAT ARE the beliefs that destroy peace? Mainly those that are concerned with outer things and with other persons. Most people lack peace because they give too much thought to the outer world. They think often of the outer world and give little thought to the inner life, the life inherent in their own being. It is for this reason that religious leaders of all ages have sought to have their followers turn from things of the world and find peace within themselves.

In the great within, man finds himself harmonized with God. He finds that he is unified with the harmony and peace of Spirit, the peace that never changes.

Abiding in the harmonious peace of God we are not disturbed by the conditions that we formerly believed could take our peace from us. We find that our peace is constant and eternal. Having grasped the full significance of heavenly peace, the peace of the inner life, we find that peace constantly manifests.

*Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.—Isa. 26:3.*

FRIDAY, AUGUST 23

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My All-Powerful Word for Today:

*I relax from every tension and strain and  
I abide in the quiet and satisfaction of God's  
presence.*

 **N** UNDERSTANDING of Truth, of our relation to God and the universe, helps us to give up those viewpoints of life that cause tension and strain. We no longer care for the things for which we formerly strove. We do not give to things the power to make us unhappy.

Relaxation comes easy to the person who has learned to live apart from those things that tend to disturb—to live in the presence of God.

In the consciousness that we are one with God, we find peace, relaxation, rest, and refreshment. In this consciousness we relax without effort. In this knowing of God and this feeling of His presence we find supreme satisfaction. We have no desire for aught but Him.

If you have any feeling of tension today, stop right now and relax. Feel your freedom from the things that disturb and know your oneness with God, the good, the one Presence and the one Power.

He that dwelleth in the secret place of the Most High

Shall abide under the shadow of the Almighty.

—*Psalms 91:1.*

SATURDAY, AUGUST 24

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**My All-Powerful Word for Today:**  
*Christ—the Truth, the Way, the Life—  
lives at the heart of my being, and I express  
Him that I may have a full and perfect life.*

**D**OES CHRIST mean something foreign to you? Do you apply the term solely to Jesus? Does the word seem too holy to apply to yourself? Jesus, entering the Christ consciousness, became the Christ. Every man can do the same. Each person can rise to such a consciousness of his Christhood that he, too, can become like Jesus the Christ.

Christ lives within us. Christ is the spark of the divine that is inherent in every human breast. Christ is our life. He is the wisdom that directs our life and causes us to live a life filled to overflowing with spiritual gifts.

Christ abides at the very center of our being. As we turn to Him, we become more like Him. The so-called external man becomes like the inner man, Christ. As man continues in the consciousness of his Christ nature he eventually finds that there is nothing in his life but the Christ.

Let Christ, your divine self, be all in all to you and you will discover that there is nothing but Christ in your world, nothing but love and life and truth.

Christ be formed in you.—*Gal. 4:19.*

## SUNDAY, AUGUST 25

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**My All-Powerful Word for Today:**  
*I no longer think of my body as material or as bound by physical law. My body is spiritual, the temple of the living God.*



O A PERSON who does not understand Truth, the body is material, bound by laws of matter and disease. Just so long as he thinks of his body in this light, his body will be bound to disease and the limitations of the flesh.

Jesus Christ with His message of truth and freedom—freedom from disease and death—came to a people held in bondage to a belief in disease. How startling to them must have been His inquiry when He said to them, “Know ye not that your body is a temple of the Holy Spirit?” If this truth is being revealed to you for the first time, what an illumination is now taking place in your consciousness!

If you think of your body as God’s temple, a temple of health and strength, your whole life will be changed. This realization will free you from the belief in disease and weakness. Your health will be established because God’s temple is established forever and ever.

The temple of God is filled with the presence of God—the presence of life, purity, health, and strength, the presence of God Himself.

*He spake of the temple of his body.—John 2:21.*

## MONDAY, AUGUST 26

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### My All-Powerful Word for Today:

*In the consciousness of the power of praise, I praise and increase the good that appears in my life.*

 **H**IN SPIRITUAL consciousness we find ourselves so happy, so full of joy, that we want to praise, to give thanks for every blessing that appears in our lives. We almost want to shout for joy at every evidence of God's love manifest in our affairs.

Those who follow the plan of praising the good sometimes think that they have made a surprising discovery. They discover that praise has the power to increase and magnify the thing upon which it is poured. They find that their good is increased through the power of praise.

Praise has power to bring out of the seeming void the very thing for which we pray. Praise seems to be a second step of prayer. After we have prayed for something our next step should be to praise and give thanks for its appearance.

Begin to praise your good. Praise your own commendable acts to yourself just as you would audibly praise another for the good that he does. Do not withhold praise at any time unless you are specifically led to do so.

Give unto them . . . the garment of praise for the spirit of heaviness.—*Isa. 61:3.*

## TUESDAY, AUGUST 27

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### My All-Powerful Word for Today:

*No adverse belief can separate me from the indivisible life of Spirit. I live in the unity of Spirit, unified with all life, with all persons, and with God.*

**W**E ENTER into a new consciousness when we cease to think thoughts that would separate us from God, from other persons, and from the great universal and indivisible life of Spirit. Thoughts of separation belong entirely to the unregenerated, unillumined man. The person who lives in the Spirit of truth also lives unidentified with any belief in separation, cliques, and factions.

The student of Truth first makes his identity with God within himself. He finds that he is not separated from God, never has been, and never will be. He discovers that he has always been inseparably unified with God even at the time when he thought that God was apart from him, in some distant place.

He reaches a remarkably high state of consciousness when he establishes his complete identity with all things and no longer believes in any degree of separation. He who lives in the consciousness of God's eternal unity with all things truly lives with God.

Giving diligence to keep the unity of the Spirit in the bond of peace.—*Eph. 4:3.*

## WEDNESDAY, AUGUST 28

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**My All-Powerful Word for Today:**  
*No belief in evil can prevail against me.  
God is my strong defense and in the consciousness of His presence I rest, safe and secure.*

**D**O YOU ever feel that you would like to have some one to fight your battle for you? Do you long for some one to defend you from the onslaughts of the world? Then learn to enter the high consciousness of Truth in which you know that God, your defense, is right at hand.

Have you ever felt that you would like to escape from the tribulations of the world and go up into a high watchtower where you could feel that you were above worldly disturbances? You can. You can escape from the disturbances of the world. You can enter into the high, secret place where there is only God. In this place you will find that you no longer have to fight or to resist things of the outer life. You will learn that God is your strong defense.

In this high consciousness you will finally discover that in reality there is nothing to fight and nothing for which to contend. There is only God and in God there is the fulfillment of your every desire.

They shall cry unto Jehovah because of oppressors, and he will send them a saviour, and a defender, and he will deliver them.—*Isa. 19:20.*

THURSDAY, AUGUST 29

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**My All-Powerful Word for Today:**

*In my mind I give place only to thoughts that are pleasing to the Mind of Spirit. My mind is disciplined and I think thoughts that are exalting, healthful, and powerful.*

**D**O NOT let your mind be a place where just any kind of thought can find lodging. If you desire to evolve spiritually, you must discipline your mind. You must close it to every debasing thought. You must make every thought come before the challenge of your good judgment before admitting it.

The thoughts that are debasing will try to prevail over your higher thoughts if these lower thoughts are given an opportunity to prevail. They will try to keep you from thinking heavenward, because such thinking ultimately destroys the power to think thoughts of evil.

As you continue to think ennobling thoughts you will find that your power to think these thoughts will increase. Your spiritual thoughts will become a defense to you against thinking thoughts of disease, fear, and lack. You will discover that within your spiritual thoughts lies the infinite power of Spirit, since through your higher thinking you contact the mind of God and tap the power of Spirit itself.

Guard your hearts and your thoughts in Christ Jesus.—*Phil. 4:7.*

## FRIDAY, AUGUST 30

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### My All-Powerful Word for Today:

*Gloom and depression are no longer manifest in my mind, my heart, or my countenance. The joy of the Lord in my heart now expresses itself throughout my whole being.*



**F**A PERSON is gloomy, he very plainly shows that his thoughts are of gloom. We should hardly think of such a person as having any consciousness of the joy of the Lord within his breast. We should hardly think of him as having made the mystical union between himself and God that would cause joy to appear.

There is but one antidote to depression—that is, the exaltation which comes from knowing the joy of Spirit.

Would you have more joy in your heart? Then cease to give attention to those things of the world that cause your thought to be directed to the world. As long as you look out of yourself and look down to things of the world for happiness, you will delay looking within and upward to the realm of Spirit, where alone can happiness be found.

Joy abides at the very center of your being and no person can keep you from being joyful.

Thou hast put gladness in my heart.—*Psalms 4:7.*

## SATURDAY, AUGUST 31

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My All-Powerful Word for Today:  
*How can fear or hate have place in my world? Knowing that God, the omnipotent, is love, I know that love alone rules my world.*

 LOVE IS the solution to virtually all our problems. Practically every human disturbance shows evidence of the lack of love. When love is brought to bear upon a problem we soon discover that there is no problem remaining.

Do you fear some person or the outcome of some future event? Then learn to love. Rest in the supreme love of God that knows no defeat. No personal situation, no alarming situation, can prevail against divine love.

Do you believe that hate has power? Then learn that the love of God is all-powerful. Nothing in all this world can present a hateful aspect in the presence of divine love.

Is your healing demonstration a little slow in the making? Try love. Fill your mind and your body so full of love that there can be no place for disease to abide. Where the swift flowing current of God's healing love is consciously recognized as purifying and healing the body, there can be no place for disease.

When everything else fails, try love.

He that loveth not knoweth not God; for God is love.—*I John 4:8.*

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